

App. No. 10/709,214

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In the Claims:

Cancel Claims 1 through 18

19. (new) A supplement serving as a carbohydrate blocker and a hangover preventer comprising;
Chromium picolinate, White Kidney Bean Extract (Phaseolus Vulgaris), Vanadium chelate, Calcium
Carbonate, Vegetable Carbon, Vitamin B-12, Vitamin B2, and Coenzyme Q10.

20. (new) A supplement according to claim 19 comprising: 120 mcg of Chromium picolinate, 1000 mg of
White Kidney Bean Extract (Phaseolus Vulgaris), 400 mcg Vanadium chelate, 150 mg Calcium Carbonate,
300 mg Vegetable Carbon, 900 mcg Vitamin B-12, 6 mg Vitamin B2, 100 mg Coenzyme Q10.

21. (new) A supplement according to claim 19 in which are formed in capsules.

22. (new) A supplement according to claim 21 in said capsules are ingested prior to use.

23. (new) A supplement according to claim 21 in said capsules are ingested prior to the consumption of
alcohol.